

HAPPINESS – DAILY REMINDER LIST

Today I will:

- Remember the big picture – the purpose my life, my values and goals
- Focus on hope for the future
- Use my strengths
- Plan and prioritise tasks for the day
- Do some physical exercise
- Spend some time relating to someone else
- Eat healthy food
- Do something relaxing or meditate
- Not dwell on unhelpful or negative thoughts
- Be authentic and genuine
- Notice what I am grateful for
- Pass it forward – do something for someone else (eg. give a compliment)
- Do something I enjoy, pamper myself and have fun
- Laugh and smile
- BE... in the present moment and into the flow of now.
- Get a good night's sleep.

Adapted from Dr Timothy Sharp

For more information and support to achieve your goals and enhance your happiness please contact:

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